CLAIMS

We claim:

1) An apparatus for cooking comprising:

- a shell comprised of high temperature material sufficient to withstand the heat used in frying.

2) An apparatus as in claim 1 wherein said shell is further comprised of material sufficient to withstand temperatures in the range of 250 to 400 degrees Fahrenheit.

3) An apparatus as in claim 2 wherein said shell is further comprised of material sufficient to withstand temperatures in the range of 325 to 375 degrees Fahrenheit.

4) An apparatus as in claim 1 wherein said shell is configured to provide a final shape to a food after said shell, containing said food, is immersed in oil with sufficient heat to cook said food.

5) An apparatus as in claim 1 wherein said shell is made of high conductivity material.

6) An apparatus as in claim 4 wherein said food is dough.

7) An apparatus for cooking comprising:

– a shell;

– frying apparatus;

wherein said shell, after being filled with said food and upon being immersed in said frying apparatus, provides heating to said food and thereby cooks said food.

8) An apparatus as in claim 7 whereby said heating comprises conductive heating.

9) An apparatus comprising:

- at least two shells, configured for use in a frying apparatus;

wherein said shells, after being filled with said food and upon being immersed in said frying apparatus, provides heating to said food and thereby cooks said food.

10) An apparatus as in claim 9 wherein said shells are temporarily linked to each other.

11) An apparatus as in claim 9 wherein said shells are flexibly linked to each other.

12) An apparatus as in claim 1 wherein said shell is comprised of edible material.

13) An apparatus as in claim 1 wherein said shell is comprised of material from the group consisting of: paper, coated paper, batter, plastic or metal.

14) An apparatus as in claim 1 wherein said shell is in one or more parts, which are combined prior to placing said shell in a frying apparatus.

15) An apparatus for cooking comprising:

- an extruder;

- a shell; and,

- frying apparatus;

wherein said extruder fills said shell with dough, wherein said shell, after being filled with said dough and upon being immersed in said frying apparatus, provides heating to said dough and thereby cooks said dough.

16) A method of cooking comprising;

- placing a shell containing the food desired to be cooked in a frying apparatus;

- maintaining said shell in said frying apparatus for a sufficient period of time to cook said food.

17) A method of cooking as in claim 16 whereby the temperature utilized in said frying apparatus is the range of 250 to 400 degrees Fahrenheit.

18) A method of cooking as in claim 16 whereby the temperature utilized in said frying apparatus is the range of 325 to 375 degrees Fahrenheit.

19) A method of cooking as in claim 16 further comprising:

– providing a shape to said food.

20) A method of cooking as in claim 16 further comprising:

– providing a final shape to a food after said shell, containing said food, is immersed in oil with sufficient heat to cook said food.

21) A method of cooking as in claim 16 wherein said food is dough.

22) A method of cooking as in claim 16 wherein said food is dough and further comprises:

- konjac glucomannan and

- animal based protein concentrate, wherein gas bubbles are introduced into said dough using mechanical and/or chemical methods.

23) A method of cooking as in claim 22 wherein said mechanical methods comprise pressurization of said dough.

24) A method of cooking as in claim 22 wherein said mechanical methods comprise high speed whipping of said dough.

25) A method of cooking as in claim 22 wherein said chemical methods comprise baking soda and/or baking powder.

26) A method of cooking comprising:

– placing food to be cooked within a shell;

– immersing said shell in a frying apparatus.

27) A method of cooking as in claim 26 wherein said immersion period is for a sufficient period of time to cook said food.

28) A method of cooking as in claim 26 further comprising conductive heating of said food, while said shell is immersed in said frying apparatus.

29) A method of cooking comprising:

- at least two shells, configured for use in a frying apparatus;

wherein said shells, after being filled with said food and upon being immersed in said frying apparatus, provides heating to said food and thereby cooks said food.

30) A method of cooking as in claim 26 wherein said shell is in one or more parts, which are combined prior to placing said shell in a frying apparatus.

31) A method of cooking comprising:

- extruding dough from an apparatus to a shell;

- placing said shell within a frying apparatus; and,

- cooking said dough within said frying apparatus.

32) An article of manufacture for cooking food comprising a shell, used in conductive heating of a food within a frying apparatus.

33) An article of manufacture as in claim 32 wherein said shell is used for a single conductive heating of a single food only.